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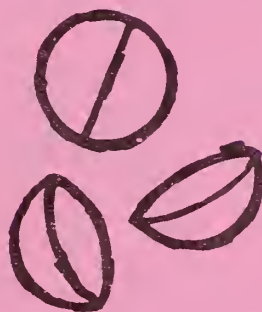


# DRY SPLIT PEAS

a good choice for the thrifty family

SPLIT PEAS --

Green or yellow



give us energy  
help build muscle  
blood



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CURRENT SERIAL RECORDS

USE COOKED SPLIT PEAS IN



SOUPS



SALADS



MEAT LOAVES

### **Cooking Dry Split Peas**

Add 1 cup dry split peas to 2 cups boiling water. Boil 2 minutes. Remove from heat, cover and let soak for ½ hour. Add ½ teaspoon salt, bring to a boil. Lower heat and cook slowly for 20 minutes or until tender. Do not stir. Makes about 2½ cups cooked peas.

### **Split Pea Vegetable Soup**

1 large potato	½ cup dry split peas
2 carrots	1 tablespoon fat
2 stalks celery	1 tablespoon salt
½ small onion	Pepper to taste
2 quarts water	½ medium head cabbage

Cup up potato, carrots, celery and onion. Bring water to a boil. Add dry split peas, fat, salt, pepper and vegetables except cabbage. Cook for 45 minutes. Cut up cabbage. Add cabbage and cook 15 minutes more. Makes 6 servings.

### **Split Peas with Tomatoes**

¼ cup chopped salt pork	1 teaspoon sugar
½ large onion	2½ cups cooked split peas
1 cup cooked or canned tomatoes	Pepper to taste

Fry salt pork until light brown. Chop onion and add to salt pork. Cook until onion is tender. Stir in tomatoes, sugar, cooked split peas and pepper. Heat. Makes 6 servings.

### **Split Peas with Bacon**

3 slices bacon	1 cup cut-up cheese
3¾ cups cooked split peas (takes 1½ cups uncooked split peas)	

Cut up bacon and cook until crisp. Add split peas and cheese. Stir over low heat until hot. Serve at once. Makes 6 servings.